



# PAM Assist App – at a glance

Positively influencing and empowering users to take responsibility for their wellbeing and supporting stressed and scattered teams working from home.

## Stepping Stones

An easy way to set goals, track progress and develop lasting, healthy habits.

## Mind Matters

Your mindfulness hub – relaxation tools to help you find your calm.

## Move Medicine

Your virtual gym to keep you fit and active, via guided workouts.

## Guided, interactive courses

Multi-step courses for specific goals, designed by our in-house team of wellness experts.

## Hundreds of expert resources

Benefit from our extensive media library of articles, videos, and podcasts.

## Your unique PAM Assist Score®

Track your wellness journey with your unique PAM Assist Score®, generated by a thorough course of assessments developed by the professionals.



**Need to talk?**

**PAM Assist can support you** as an individual but also as a line manager. To take advantage of this service **call 0800 882 4102** or login to our portal **pam-assist.co.uk** with code **cambridgecc1**





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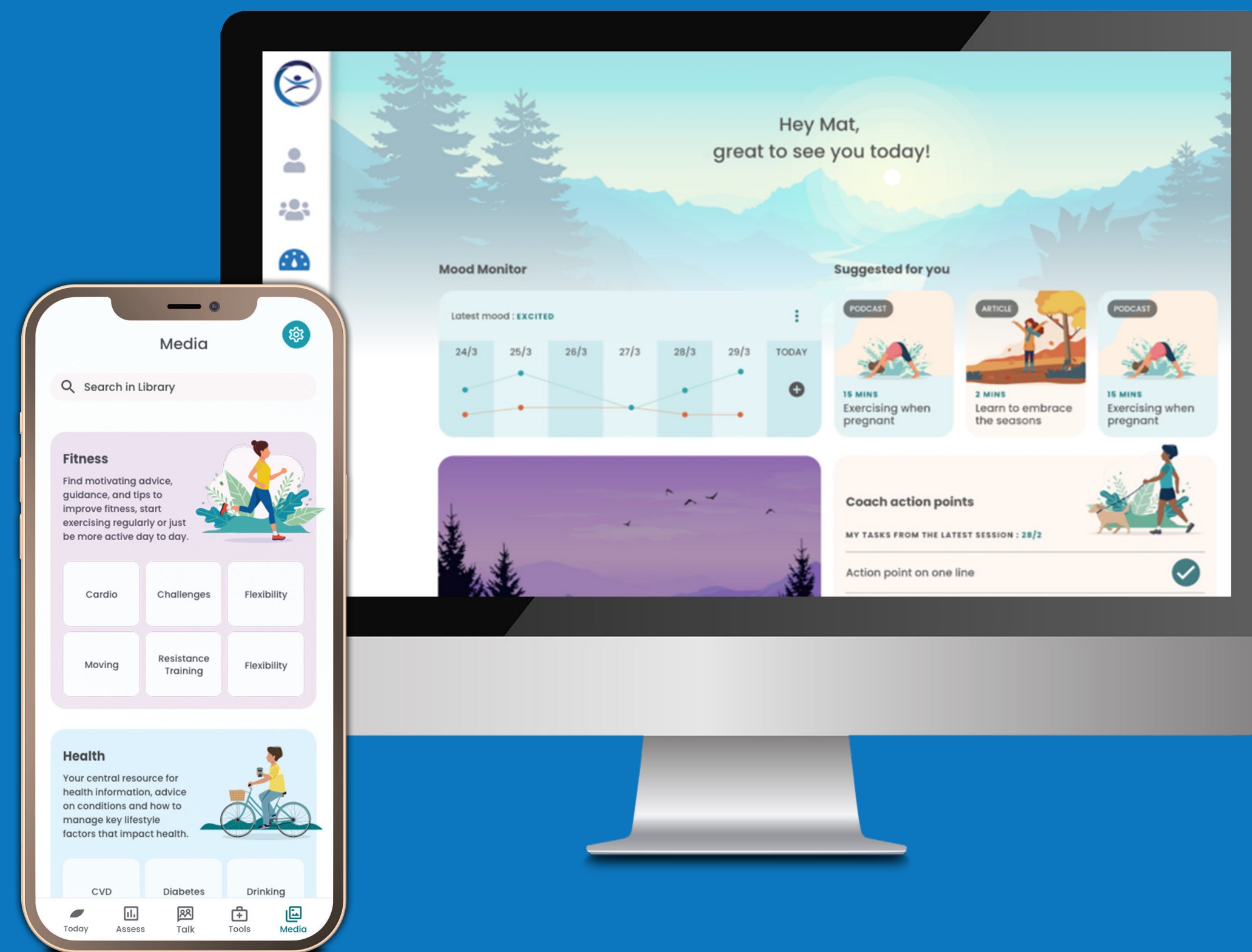
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